

MASSAGE NEW ZEALAND
REMEDIAL MASSAGE THERAPIST
SCOPE OF PRACTICE

A MNZ Remedial Massage Therapist will be able to demonstrate practical competency in the following areas:

- * Gathering client history and information specific to condition presented
- * Physical assessment of the clients condition which will include observation, palpation, active range of movement, passive range of movement and at least one other form of assessment (eg, resisted strength tests, other special/orthopaedic tests)
- * Clinical reasoning of the client condition presenting where information gathered from history taking and physical assessment is assimilated to produce an effective and relevant treatment plan
- * Delivery of soft tissue therapy according to the treatment plan with the inclusion of the following massage strokes - effleurage, petrissage, deep longitudinal, broad cross fibre, ischaemic pressure, friction not excluding other strokes considered relevant
- * Delivery of soft tissue therapy according to industry accepted practices and principles (draping, body mechanics, communication)
- * Evaluation of the effectiveness of the treatment carried out
- * Post treatment advice re client self management, to include home stretches and methods of reducing discomfort and explanation of possible after effects
- * Professional presentation and behaviour according to the MNZ Code of Ethics
- * Referral of a client to an appropriate health professional where the needs of the client fall outside the MNZ RMT Scope of Practice

MASSAGE NEW ZEALAND

CERTIFIED MASSAGE THERAPIST

SCOPE OF PRACTICE

A MNZ Certified Massage Therapist will be able to demonstrate practical competency in the following areas:

- * Gathering client history and information specific to client
- * Determine indication for relaxation massage and where relaxation massage is not indicated or the needs of the client fall outside the MNZ MMT Scope of Practice, refer client to an appropriate health professional
- * Gain client consent for massage to be carried out
- * Delivery of relaxation massage according to the treatment plan which could include the following massage strokes - effleurage, petrissage, deep longitudinal, broad cross fibre, compression, vibration, tapotement
- * Delivery of soft tissue therapy according to industry accepted practices and principles (draping, body mechanics, communication)
- * Post treatment advice re client self management, to include home stretches and methods of reducing discomfort and explanation of possible after effects
- * Professional presentation and behaviour according to the MNZ Code of Ethics